

Eggnog Latte

THM-Friendly: S

- 10 ounces of your favorite coffee, brewed
- 1/2 cup unsweetened nut milk
- 2 Tbsp. half & half (DF: if needed)
- 1 heaping Tbsp. Protein Powder of choice*
- 1/4 tsp. sunflower lecithin
- 1 tsp. MCT oil
- 6 droppers full Sweetleaf Vanilla Cream liquid stevia
- 1/4 tsp. nutmeg
- 1 tsp. vanilla extract
- 1 tsp. rum extract



Add all ingredients to the blender and zing them up.

Hot: Pour mixture into a mug (at this point if you want it hotter go ahead and pop it in the microwave for about 1 minute or until your heat preference.)

Iced: Pour your coffee mixture over ice.

Top with whipped topping and a sprinkle of nutmeg for a little bit extra.

enJOY!

Note: if you do not have Sweetleaf Vanilla Cream liquid stevia drops you could use 1 Tbsp. Super Sweet.

*DF: Creamy Dreamy



<https://www.joyfullifewithkj.com/16-days-of-christmas/eggnog-latte>

